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The
Goldsmiths & Silversmiths Company, Ltd.,
112, REGENT ST., LONDON, W.

SOME MILK FOODS.

Simple, Wholesome Dishes Made by
Miss Anna Barrows.

Miss Anna Barrows took for the subject of a
recent lecture, Teachers' College, "The Milk
Foods." In this class come all the cheese prepara-
tions, all the cream sauces and cream soups. One
mixture is the basis of the last two. It is the
cream sauce, used with fish and vegetables,
creamed potatoes and milk toast and in all the
vegetable soups. It is composed of equal quanti-
ties of butter and flour, and more or less milk, ac-
cording to the thickness desired. The way it is
put together makes the goodness of it. Mixed
without selection, it makes the old-fashioned lumpy
"milk gravy." Concocted as Miss Barrows does it
it makes a smooth and creamy mixture, which
renders delicious anything to which it is added.
The proportions of the cream sauce of average
consistency are one tablespoonful each of butter
and flour to every cup of milk. This is the sauce
commonly used with fish or vegetables. One-half
the milk to the same amount of butter and flour
makes the smooth and creamy croquette.

To show her first method of mixing the ingredi-
ents, Miss Barrows melted her butter in a stewpan,
stirred in the flour, and let it cook till it frothed and
bubbled.

"This mixture," said she, "if poured into a jar or
glass or set away in the cupboard, will keep for a
reasonable period, and be ready to thicken soups
or sauces when needed. The French cooks are
very much inclined to keep it cooked up in ad-
vance in this way.

"If now you add your hot milk while the butter
and flour are bubbling it is almost sure to lump.
Draw it back from the fire a moment so that it
cools just a little, then pour in the hot milk, stir-
ring well and thoroughly. Now, your cream
sauce is ready for your fish, vegetables or toast, or
it is ready to add vegetables and milk for a cream
soup."

As a second method of blending, the instructor
mixes the butter and flour cold, with a cake-knife,
in a stewpan, producing two little butterballs, and
these are mixed into warm, not hot, milk over the
fire. The third method is used when butter must
be economized. The flour is mixed in cold milk,
and more salt and less butter added to the heated
milk.

For cream of spinach soup the cook put into the
saucepan an equal quantity of the cream sauce and
cold, cooked spinach. Half the quantity of spinach
may be used, according to taste. An onion had
been cooked with the spinach, and cold milk, suffi-
cient to make the quantity of soup desired, was
added. When it had boiled up and was passed
around, it proved a cunning blend, what Eugene
Ibid calls "a soothing kind of soup." Any vegetable
soup may be used in this way.

A very simple and appetizing cheese dish was
made by crumbling alternate layers of bread and
American cheese into tumbles cups. Over it was
poured a mixture composed of eggs, milk, salt,
pepper and mustard, beaten up together. In the pro-
portion of one egg and one tablespoonful of milk to
each tumble. The mixture may be heated in the oven,
but Miss Barrows set them in a stewpan over the
fire, in her favorite way, poured in a little water,
clapped on the cover and left them to steam.
They were very good for so simple and easy a
dish. Some macaroni in cheese sauce was de-
licious. First, she put the macaroni to boil in
boiling water, salted, being sure to have enough
water so that the potatoes would not stick on, and
stirring it occasionally with a fork. It was done
in about twenty minutes—half an hour for the
larger sizes.

This is the first step in the preparation of all
macaroni dishes," said Miss Barrows, "macaroni
is not served in any form without first boiling it
in this way."

Then into the double boiler she threw half a cup
of crumbled cheese, half a cup of the egg and
milk mixture left from the tumbles, some salt
and pepper and a little cream. When the cheese
was melted and the whole blended, she threw in the
cheese-curd, stirred it up thoroughly and served.
The liquid on top is the pure fat of the milk. By
trying out butter in this way very inferior grades,
such as those made in the States, are rendered
perfectly good for cooking purposes.

Miss Barrows made some "Dutch," or sour milk,
cheese, which was an enticing thing to have com-
pared with the substance which goes under that
name ordinarily in the city. She made it simply
by putting a cup of cream in a bowl, pouring
in hot water and straining out the milk. This she
did twice, her object being to wash away the
sourness. The last time she let it drip through
cheese-curd, and finally squeezed it out. She
worked in a tablespoonful of butter, salt and
pepper. Here was a cup of cheese, resulting from
a quart of milk. Speaking of cooking with sour
milk, she declared that it should be taught and
practised, as an enormous quantity of sour milk
is for every cup of sour milk use a half
teaspoonful of soda, stirred into the flour, never
dissolved in the milk when used in any kind of
dough.

LECTURE BY A MOUNTAIN CLIMBER.
Miss Annie S. Peck, who has climbed the Matter-
horn, will lecture before the League for Political
Education, No. 22 West 44th-st., this morning at 11
o'clock in the Hudson Theatre. Her subject will
be "Panama and the Panama Canal." She will
be said to have climbed higher on this hemisphere
than any other woman—20,000 feet to the summit
of Sorata in Bolivia. The lecture
will be illustrated.

European Advertisements.

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London Shop Removed to
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All Sizes—All Prices—Nowhere Else

SPAULDING & CO.,

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STATE AND JACKSON STS., CHICAGO.
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keep The Daily Tribune on file in the read-
ing rooms of the hotels named below:

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HOTEL DE LUXE OF THE WORLD.
The rooms are bright, fresh and airy,
and delightfully quiet. Bathroom to every suite.
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The most famous restaurant in Europe. The
Orchestra plays during Dinner and
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"The Last Word" of Modern
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Nearly 100 bathrooms.
A magnificent Royal Suite.

Unrivalled Position in London

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First Class in every respect. The only expressly con-
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MORECAMBE BAY MIDLAND HOTEL
DERBY MIDLAND HOTEL

HOTELS IN THE BRITISH ISLES.

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HOTEL WELLINGTON.
SHANKLIN—ISLE OF WIGHT.
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Near Crystal Palace, London. Healthiest situation in
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system elevators. Fixed tariff.

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PARK HOTEL - PRESTON
NORTH WALL HOTEL, DUBLIN
GREENORE HOTEL - IRELAND

LONDON, 1905. FREDERICK HARRISON
GENERAL MANAGER.

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Foreign Resorts.

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Most Modern House. Splendid Position.
Via Veneto Via Boncompagni.
UNDER SAME MANAGEMENT AS THE AD. HOTEL NATIONAL, LUCERNE.

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SAVOY HOTEL,
The Leading Hotel of Genoa.
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The most interesting and picturesque route through
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(Central) and LONDON (St. Pancras). THROUGH
LONDON (St. Pancras) and all parts. WAG-
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BOULEVARD DES CAPUCINES AND PLACE-
DE L'OPERA. 1,000 ROOMS WITH PRIVATE
BATHS. TARIFF ON APPLICATION.

PARIS (Favorite American House).

Hotel Chatham.
15, RUE SCRIBE.
OPPOSITE THE GRAND OPERA.
The Modern Hotel of Paris
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PLACE DE L'ETOILE, PARIS
Entirely new construction—class hotel; latest
modern improvements. Every home comfort. Large hall.
Restaurant, luncheon and dinner at fixed price or à la carte.
Electric lighting. Perfect sanitation.

PARIS HOTEL DE LILLE ET D'ALBION.

32, Rue St. Honoré, close to Place Vendôme. First class. All
modern improvements. Every home comfort. Large hall.
Restaurant, luncheon and dinner at fixed price or à la carte.
Electric lighting. Perfect sanitation.

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MODERATE TERMS.
Hotel New York.
COLOGNE--SAVOY HOTEL
(Late "Grosvenor Kurfurst.")
FIRST-CLASS FAMILY HOTEL.

DRESDEN.

HOTEL BELLEVUE
Distinguished House of old reputation. Unique
position. R. Ronnefeld, Gen. Manager.
DRESDEN--SAVOY HOTEL.
1st Class Family House.
Turkish, and Private Baths. F. Margraf.

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Newly opened 1st class Family Hotel
Every modern comfort--BOLLE-RIE.
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HOTEL BRISTOL
Located on the fashionable Karntnerthor,
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First-Class Hotel with Panoramic View over the
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HOTEL.
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LAKE OF GENEVA. OPEN ALL YEAR. WINTER
SPORTS. AN IDEAL RESORT FOR NERVOUS
PUNICULAR FROM VEVEY.

ZURICH (OPEN THE YEAR ROUND)

The Baur au Lac.
The most beautiful
PRIVATE PARK.

GENOA.

"EDEN PALACE."



SUFFRAGISTS CRITICISED.

Woman Says Industrial Problems
Are More Important than Ballot.

The New-York Equal Suffrage League had a
somewhat varied programme yesterday at its regu-
lar meeting in the Hotel Astor, the discussion
ranging all the way from the majority tangle to
the feeding of babies.

Mrs. Frederick Nathan referred to the statement
recently made by William M. Ivins, to the effect
that when a majority of women want the suffrage
they will get it.

"Must we all ride in horsecars," she asked, "be-
cause some people think they are fast enough, and
don't want to risk their lives in a trolley?"

Miss Charlotte Teller criticised women suffragists
in general and Colorado women in particular for
not taking enough interest in industrial questions.
"There are things more important than equal
suffrage," she declared.

"Ballots can be bought, and too often accom-
plish nothing. The industrial problem lies at the
bottom of all our problems, but I could not find
any particular interest in it. At a time when
every constitutional right was being taken from
the citizens of the State by fraud, blows and
bloodshed, women's clubs met to discuss such
subjects as 'Art in the Home' or the Pure Food
bill."

Mrs. Harriet Stanton Blatch came to the rescue
of the Colorado women, and incidentally put in
a word for two venerable grandmothers that Mrs.
Anna Jackson had been talking about. Mrs. Jack-
son had heard them quarrelling about the respec-
tive merits of different kinds of baby food, and
expressed the opinion that they could hardly
have been more bitter, and would certainly have
been better employed if they had been arguing a
political point.

"Nine tenths of the women of the world will al-
ways be chiefly interested in pure food and babies,"
Blatch declared, "and for heaven's sake let them
stick to those interests. Only let them see that
they are represented in the State. I am in-
tensely interested myself in municipal ownership,
though I see from the scantiness of your applause
that you are not. But the race lived for millions
of years without municipal ownership. It cannot
live without pure food and baby food."

The afternoon closed with a question box, con-
ducted by Miss Mary Garrett Hey. "Who will be
the next Mayor?" some one asked. "I am not a
seventh daughter and I cannot tell," Mrs. Hey
said. "But I hope the next Mayor will be the
man who was elected."

Before adjourning the meeting the president,
Mrs. Belle de Rivera, announced that at the next
one they would study the system of election, but
"not as it is practised in our own city."

A WEEK OF PRAYER.

All Young Women's Christian Associations
to Observe This Season Next Week.

The second week in November is observed by
all Young Women's Christian Associations affil-
iated with the World's Association as a week of
prayer for women throughout the world. The
World's Association numbers over seven thousand
regular branches, representing every continent, and
in addition includes a large number of correspond-
ing members. Eleven American women hold
posts in foreign fields—two in China, two in Japan
and seven in India, where the national secretary
and the secretary for student work, as well as
the general secretaries of the three large cities,
Bombay, Calcutta and Madras, are all Americans.

The work is an interdenominational one, and in
all countries and in every department the aim is
the same—the upbuilding of Christian womanhood.

In China and Japan the work has been opened
within the last two years, and is specially inter-
esting, as the association in those countries is
reaching at present two distinct classes, the fac-
tory women and the students. In Shanghai alone
there are twenty-five thousand women and girls
in factories, working as a rule from 6 a. m. to
7:30 p. m., with only fifteen minutes at noon and
every other Sunday off. In Tokio there are about
ten thousand women students and about fifteen
thousand women employed in governmental and
private industries. Association homes in Paris,
Rome and the great seaports of Egypt, South
Africa and Australia offer protection to young
women traveling alone, and in many places
places of employment and permanent residence.

Urgent calls come from South America for sec-
retaries for Rio de Janeiro, Buenos Aires and
Ayres, which, with its one million inhabitants, has
a happy minority of having more white slave
traffic than any other city in the world.

The world's executive committee, which has its
headquarters in London, asks that Christian men
and women everywhere this week of prayer
for the Young Women's Christian Association, No. 2 West
12th-st., to-morrow at 4:15 p. m., when Mrs.
Thomas S. Gladding, American member of the
world's committee, will speak on "Our World-
wide Association," and on Thursday evening, No-
vember 13, at 8 o'clock, when Miss Janet A. Mc-
Cook will speak on "Opportunity."

Housewives' Exchange.

BREAKING A BAD MATCH.

In the short span of a human life there is nothing
so much of the mind or heart produces that may be
compared in results with the emotion of love. The
love of man for woman, of woman for man, is
the source of the most exquisite happiness that
God can bestow upon His creatures here below.

From it flows the maternal and paternal love, the
home, the unit of the nation and the basis of
civilization. It has given us, in a negative or
positive form, our poetry, our music, our paint-
ing, its very life, its very soul, its very founda-
tion. It is appeal to aesthetic nature.

The cool, logical love of a man and a woman
worked out upon a purely scientific plan, and
the summing up of various characteristics, and from
thence making the deductions, would be a cold
sort of love, satisfying, perhaps, to the mind, but
not to the heart or the soul, which is fed on emo-
tion, not logic. There might be no divorce re-
sulting from such a marriage, but there would
surely be a little of the love that comes from
the soul awakened to love.

The true marriage, the true love of men and
women, must, to be most productive in good re-
sults for both the individual and society, be found-
ed on a general likemindedness of the mind and
heart. The person whose heart alone is aroused
to love, and not the mind, is not normal, and
should be treated as such. But who is to judge
the mind, and as rare is the successful matchmaker.
Few medical men have the insight into the
human mind and body to treat insanity; few men
and women know the heart and mind of humanity,
their play one upon the other. There are some
such, and to them alone is the breaking of a bad
match justifiable. Such a person must be pos-
sessed with the sixth sense in addition to tact,
sympathy and clearness of mental vision. He or
she must have detachment, for personal motives
can never with justice color a broken match. The
successful matchmaker must be one who can
surely be a little of the love that comes from
the soul awakened to love.

This lack of mental balance is called "poor
judgment," and judging from the number of cases
of mismatched couples one sees running through a
family, it seems to be hereditary. Strategies along
these lines would be useful to sociologists. On
these lines would be useful to sociologists.

"BATHASWEET"

FOR THE BATH
No water, except the purest rain water,
is soft enough to preserve a clear, fine
skin until "BATHASWEET" is used. You can make no bath at home
equal to it for fragrance. It is a bath luxury. 25 baths in each 25c. box.

AFTER THE BATH
You will get the same dainty fair
powder. For any heated skin, whether chafed, or from rubbing, there
is nothing so cooling. Very best for baby. PRICE 25c.

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